



You
Live Better...
Electrically with a
Home Freezer

from Home Service

NEW YORK STATE ELECTRIC & GAS

CORPORATION

FACTS ABOUT FOOD FREEZING

Freeze foods in a combination refrigerator-freezer, a chest type or an upright home freezer.

Freeze ice cubes, ice cream and store commercially packaged frozen foods for short periods of time in an automatic refrigerator with an across-the-top unit.

Follow directions carefully for packaging all foods to be frozen.

Choose only foods of the highest quality for freezing. Check with your nearest Home Service Representative or Home Demonstration Agent for information on the varieties of fruits and vegetables best suited for freezing.

Label and date all foods to be placed in the freezer.

Keep a check list of foods stored in the freezer.

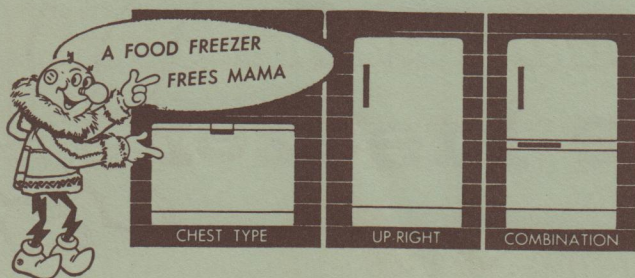
Do not refreeze completely thawed foods. All foods except fish, may be safely refrozen if there are still ice crystals retained in the package.

Place each package of food in contact with the freezer plate or in contact with the freezer walls to insure fast freezing.

CONTAINERS AND WRAPPING MATERIALS FOR FROZEN FOODS

Correct packaging material and careful wrapping is essential to produce foods of high quality. Freezer packaging materials are designed to retain moisture in foods and keep air out. Choose the type of packaging that will conserve space in the freezer.

Do not use waxed paper, light weight aluminum foil, cheese cartons, store wrapping paper, bread paper or paper bags to wrap foods for freezing.



SPECIAL FOODS IN THE FREEZER

To Freeze Breads

Quick breads, yeast breads, muffins, rolls and kuchen are best frozen after baking. Wrap in recommended freezer paper and seal. Defrost in wrapping at room temperature. Store up to 6 months.

To Freeze Cake

Cakes freeze best after baking. Wrap in moisture-vapor proof material as soon as thoroughly cool. Seal and place in a metal container or heavy carton to protect cake. Unfrosted and unfilled cakes freeze more satisfactorily. However, they may be frosted with a confectioners' sugar or fudge frosting and frozen. To defrost: loosen wrapping, but do not remove. Cake will defrost in 1 to 3 hours dependent upon size. Store unfrosted cakes up to 3 months; frosted cakes up to 2 months. Fruit cakes and steamed puddings may be stored up to one year.

To Freeze Casseroles and Combination Dishes

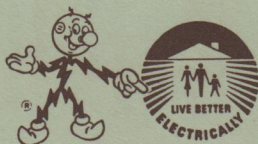
Prepare casserole according to recipe but undercook slightly. Reserve any crumb or cheese topping until ready to heat for serving. Package in freezer cartons. Casseroles may be frozen in covered oven-proof dishes; seal with freezer tape. To reheat: place covered in a 350°F. oven until thoroughly defrosted and heated through. Add topping and continue baking, uncovered, until brown. Casseroles and combination dishes may be stored up to 4 months.

To Freeze Pies

Either baked or unbaked fruit pies may be frozen. Do not cut vents in unbaked double crust pies. Custard or meringue pies are not recommended for freezing. Unbaked frozen fruit pies may be placed in the oven while still frozen at 400°F. for 50-60 minutes. Vent pie half way through baking period. Defrost baked pies in wrapping for 1 hour. Store up to 6 months.

To Freeze Sandwiches

Any variety of bread may be used for freezing. Avoid fillings containing hard cooked egg whites, salad greens, excessive amounts of mayonnaise and uncooked tomatoes. Wrap sandwiches individually or place in layers in a box. Separate layers with cellophane. Wrap boxes in freezer paper and seal. Sandwiches defrost in 1 - 3 hours. Store up to 3 weeks.



Live Better... Electrically with a Home Freezer

<u>Type of Packaging</u>	<u>Use</u>	<u>Directions for Use</u>
Paper Cartons Tub or cylindrical shape Wax - disc type lid Rectangular - plastic lid	Fruits, vegetables. Cooked foods. Dairy products.	May be re-used. Stack easily. Allow 1" head room for expansion.
Glass Freezer Jars Screw top lids	Fruits, vegetables, cooked foods.	Leave 1-1/2" head room for expansion. Partially defrost foods before removing from jar.
Rigid Plastic Boxes	Fruits, vegetables and cooked foods.	May be re-used. Allow 1" for expansion.
Polyethelene Bags or sheets	Dry pack fruits or vegetables, baked goods, odd shaped meats, fish and poultry. Use sheets for irregularly shaped packaging.	May be re-used if clean and without holes. Force all air possible from bags, twist top firmly, fold over and secure with a rubber band, pipe cleaner or freezer tape. Sheets may be sealed with freezer tape. Use drug store wrap.*
Rectangular Waxed Boxes	Dry pack vegetables and fruits.	Boxes may be re-used with new bags. Seal cellophane and pliofilm bags with heating iron. Polyethelene may be twisted and sealed with a pipe cleaner, freezer tape or a rubber band.**
Plioilm Rolls or bags	Meat, fish, poultry, baked goods, corn-on-cob.	Use bags as suggested for polyethelene. When sheets are used, proceed as suggested for polyethelene. Protect with stockinette.***
Laminated Paper	Meat, fish, poultry, asparagus, corn-on-cob, baked goods.	Place food on waxed side of paper. Use drug store wrap. Seal with freezer tape or tie firmly with heavy string.
Aluminum Foil Heavy weight	Meat, fish, poultry, baked goods, asparagus, corn-on-cob	Heavy weight aluminum foil is recommended. May be re-used if not torn. Fit close to food. No special sealing necessary. Label by writing on freezer tape and placing on package.

***Drug Store Wrap** - Place food in center of sheet. (Be sure to allow a large enough piece.) Bring opposite edges together over food. Fold edges over together several times, until the last fold rests on food. Fold in open ends, exclude all air possible. Seal with freezer tape.

****Freezer Tape** - A specially treated tape, used for sealing packages for freezing. Can be labeled with a glass marking pencil. Do not use scotch tape or adhesive tape. They do not stick when cold.

*****Stockinette** - Loosely woven elastic material used to protect packages wrapped in cellophane or other freezer material that punctures easily.

Label all packages clearly with the date, kind of food, weight or quantity and type of pack.

FREEZING MEAT, POULTRY AND EGGS

To Package Meats and Poultry

1. Separate pieces of meat or poultry into serving portions (i.e. hamburger patties, chops or chicken parts) by placing two pieces of freezer paper between each portion.
2. Pad bones or rough points with small pieces of crumpled freezer paper.
3. Whole chickens or turkey should be frozen unstuffed.
4. Wrap in recommended freezer material, seal, label and store. (See packaging chart).

To Store Meats and Poultry (At Zero Degrees.)

Beef and Lamb.....	up to 12 months
Veal.....	up to 8 months
Pork.....	up to 6 months
Variety meats (liver, heart, tongue, etc.).....	up to 4 months
Smoked ham.....	up to 2 months
Meat loaf (seasoned).....	up to 2 months
Poultry - whole.....	up to 8 months
Poultry - broilers.....	up to 6 months
Sliced bacon, bologna, frankfurters, fresh pork sausage <u>are not</u> recommended for freezing.	

To Thaw Meats and Poultry

1. Place meat unwrapped on refrigerator shelf. Allow 5 - 8 hours per pound depending on size and thickness.
2. Let stand at room temperature for 2 hours per pound.
3. Place in front of an electric fan for 45 minutes per pound.

To Cook Frozen Meat and Poultry

1. Allow at least 1-1/2 times as long if cooked while frozen or only partially thawed.
2. Thaw meat before cooking for a more satisfactorily browned product.
3. Cook meat or poultry as soon as thawed.
4. Use a meat thermometer to determine more even doneness of meat or stuffed poultry.

To Freeze Eggs

Eggs should not be frozen in the shell; they will expand and break. Eggs can be stored up to 10 months.

To Freeze Whole Eggs

1. Break eggs into a bowl, blend with a fork to mix, avoid beating in any air.
2. Add 1 Tbsp. sugar to each pint of eggs. Use these for cakes, puddings, etc. One pint yields about 8 eggs.
3. Add 1 tsp. salt to each pint of eggs. Use for scrambling, omelets, etc.
4. Strain eggs into cartons. Label, noting the addition of sugar or salt. Store in freezer.
5. Freeze eggs in smaller quantities by placing in foil-lined muffin tins or in the ice cube tray, using the divider. Place in freezer to set. When frozen, package in polyethylene bags and return to freezer.

To Freeze Egg Yolks

1. Prepare for freezing as for whole eggs.
2. Add sugar or salt depending upon use.

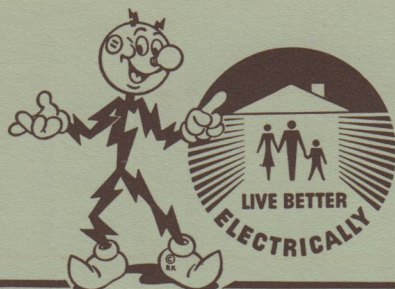
To Freeze Egg Whites

It is not necessary to add sugar or salt to egg whites. Package as for whole eggs.

FREEZING FRUITS

Preparation

1. Prepare a small amount at a time (2 - 3 quarts).
2. Sort and wash fruit quickly in cold water.
3. Refer to chart for method of preparation of different fruits.
4. Pack fruit without sugar, with dry sugar or in sugar syrup, dependent upon use.
5. Unsweetened fruit has a shorter storage life than sweetened fruit. Use for special diets, pies or jams and jellies.
6. For unsweetened pack: Place fruit in recommended container and freeze quickly.
7. For sugar pack: Slice fruit into a shallow dish, sprinkle sugar over fruit in the amount specified on chart. Mix sugar gently through fruit until all is dissolved.
8. For syrup pack: Slice fruit into carton or container. Add chilled syrup to cover fruit. Allow enough space for expansion of liquid while freezing. To make syrup; add sugar to boiling water in proportions given below. Stir to dissolve.
9. Place crushed piece of freezer paper in each container to keep fruit under the liquid.
10. Use recommended containers for packaging. Seal and freeze promptly. If delay is unavoidable, store in refrigerator.



<u>Syrup</u>	<u>Sugar</u>	<u>Water</u>	<u>Amount of Syrup</u>
30%	2 cups	4 cups	5 cups
40%	3 cups	4 cups	5-1/2 cups
50%	4-3/4 cups	4 cups	6-1/2 cups
60%	7 cups	4 cups	7-3/4 cups


<u>Fruit</u>	<u>Method of Preparation</u>	<u>Type of Pack</u>
Apples for Pie	Peel, slice 1/2" thick into salted water (1 Tbsp. salt to 1 quart water). Drain. Steam blanch 1-1/2 minutes. Cool quickly.	Unsweetened pack.
Blackberries	Wash in ice water and sort.	For pies, use unsweetened pack. For desserts, 1 quart fruit to 3/4 cup sugar. 3 lbs. fruit to 1 lb. sugar.
Blueberries	Stem, wash. Drain thoroughly.	For pies, unsweetened pack. For desserts, 1 quart fruit to 1-1/8 cup sugar. 4 lbs. fruit to 1 lb. sugar.
Cantaloupe and other melon	Wash, cut in half, remove seeds. Cut as desired.	Unsweetened pack or 30% syrup.
Cherries, Sour	Wash, stem and pit.	1 quart fruit to 3/4 cup sugar or 60% syrup.
Cherries, Sweet	Wash, stem and pit or not, as desired.	40% syrup pack.
Cranberries	Stem and wash; leave whole.	Unsweetened pack.
Grapefruit and oranges	Wash, peel and section.	40% syrup pack made with juice plus water, if needed.*
Grapes, Concord	Wash, stem and cut in half.	Unsweetened pack. 40% syrup pack.
Peaches	Wash, pit and peel. Cut in half or slice.	1 quart fruit to 2/3 cup sugar** 4 lbs. fruit to 1 lb. sugar. 40% syrup pack.*
Plums and Prunes	Wash, halve or quarter. Remove stones.	Unsweetened pack. 40% syrup pack.*
Raspberries	See Blackberries.	
Rhubarb	Wash, trim and cut into 1" pieces. Or make into sauce.	Unsweetened pack. 40% syrup pack.
Strawberries, sliced	Sort, wash in ice water. Remove hulls.	1 quart fruit to 3/4 cup sugar. 4-1/2 lbs. fruit to 1 lb. sugar.
Strawberries, whole	Sort, wash in ice water.	Unsweetened pack. 50% syrup pack. 1 quart fruit to 3/4 cup sugar. 4-1/2 lbs. fruit to 1 lb. sugar.

*Use 1/2 tsp. crystalline ascorbic acid per quart of syrup.

**Pour 1/4 cup water mixed with 1/4 tsp. crystalline ascorbic acid over peaches.

<u>Vegetable</u>	<u>How to Select</u>	<u>Preparation</u>	<u>Blanching Procedure</u>
Asparagus	Tender stalks. Compact tips.	Cut spears into 2" lengths.	Boiling water for 2 - 4 minutes, according to size.
Beans Green and Wax	Young, tender. Snap when broken.	Slice lengthwise or cut into 1" - 2" pieces.	Boiling water for 3 minutes.
Beans, Lima Green	Select plump pods.	Shell	Boiling water for 2 - 4 minutes, according to size.
Beets, Whole	Young, tender and small.	Cook until tender. Cool, slip skins and pack whole without further blanching.	
Broccoli*	Compact, dark green heads.	Cut lengthwise into pieces no thicker than 1".	Steam for 5 minutes. Boiling water for 3 - 5 minutes, according to size.
Brussel Sprouts*	Green, firm, compact heads.	Cut sprouts from main stem.	Boiling water for 3 - 5 minutes, according to size.
Cauliflower	Firm, tender, snow white heads.	Break into flowerettes.	Boiling water for 3 minutes.
Greens, Beet, Kale, Chard	See Spinach.		
Peas	Bright green, plump firm pods.	Shell and discard starchy peas.	Boiling water for 1-1/2 minutes.
Peppers	Firm, crisp and thick-walled	Remove seeds and stems. Halve, slice or dice and package without blanching.	
Spinach	Young, tender leaves.	Discard tough stems and imperfect leaves.	Boiling water for 2 minutes.
Squash, Summer	Tender rind.	Cut into 1/2" slices or cubes.	Boiling water for 3 minutes
Squash, Winter	Ripe, hard-shelled variety with firm flesh.	Break into pieces and remove seeds. Steam or bake until tender. Scrape from shell, mash and cool quickly. No need to blanch.	
Sweet Corn-on-Cob	Tender, plump kernels.	Husk, remove silk. Wash and sort according to size. Cool twice as long as blanching time.	Boiling water (maximum 6 ears at one time.)
Sweet Corn Cut	Select, prepare and blanch as above. Cool and cut corn from cob.	Small ears (1-1/4" diameter) 7 minutes. Medium ears (1-1/2" diameter) 9 minutes. Large ears (1-1/2" - 2" diameter) 11 minutes.	
*Let stand 1/2 hour in salted water (1 tsp. salt per quart water) to remove any possible insect life.			

HOME and COMMUNITY HELPS . . .

New York State Electric & Gas Corporation 



freezing vegetables



Preparation

1. Prepare only the amount of vegetable that can be blanched, packaged and frozen quickly.
2. Wash vegetables in cold water, sort and discard imperfect pieces.
3. Peel, trim or cut into pieces as directed for each particular vegetable.
4. Blanch all vegetables before freezing. Blanching retards action of certain substances (enzymes) in raw vegetables which cause loss of food value.
5. Cool blanched vegetables immediately in ice water or cold running water for same length of time that the vegetable was blanched.
6. Drain, package in recommended containers and freeze immediately.

To Blanch Vegetables in Water

1. Use small amounts of vegetable, 1 lb. to 4 quarts of boiling water.
2. Place vegetable in wire basket or cheese cloth and immerse in vigorously boiling water.
3. Cover tightly.
4. Count time as soon as vegetable is immersed.
5. Keep water boiling vigorously for the recommended time.
(See chart).

To Blanch Vegetables in Steam

1. Fill kettle with 2" or 3" of water.
2. Place a rack above the water.
3. Put vegetables in wire basket, cheesecloth or colander and lower on rack.
4. Cover and start counting time after steam is flowing freely.
(See chart for recommended time for each vegetable.)